

In an  
Emergency,  
The  
Cleanest,  
Safest  
Food  
you can give  
your baby  
Is  
Your Milk

Q. What if I don't have milk any-more?

A. Up to six months after birth a mother can make milk again by putting baby to the breast, or pumping every two hours. At first she may be get only drops of milk. But this will increase by about one ounce every 24 hours. Then she can cut back on the formula, or donated human milk she is giving the baby, by about one ounce a day. The younger the baby, the sooner the mother will begin to make a lot of milk.

Prepared by the  
Harris County Breastfeeding Coalition  
In Collaboration with  
The Texas Department of State Health Services,  
Austin Healthy Mothers Healthy Babies Breast-  
feeding Task Force,  
Houston Association of Lactation Consultants  
and Educators,  
And  
La Leche League of Houston  
[www.HALCEA.info](http://www.HALCEA.info)



Infant  
Feeding in  
Emergencies

## Frequently Asked Questions about Breastfeeding:

**Q. What about stress? With all this stress, won't my milk go away?**

A: Not if you keep nursing. Babies' lives are saved every day by mothers who breastfeed them in spite of war and natural disasters.

**Q. What about water? Does my baby need water?**

A. Breast milk is 87% water. And it is pure water. If your baby is getting enough milk, then your baby is getting enough water.

**Q. Without formula, how can I tell if my baby is getting enough milk?**

A. If your baby has 6 wet diapers a day and regular bowel movements, that is a sign he is getting enough. To be sure, ask your doctor or WIC peer counselor to weigh your baby.

**Q. What about work? How can I breastfeed when I need to find a job?**

A. Call WIC or a local pump rental agent. As a Katrina survivor, you may be eligible for free use of an electric breast pump and supplies.

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# Babies were born to be Breastfed

*Breastfeeding can save lives now:*

*Breast milk helps babies fight diseases like:*

- *Diarrhea,*
- *Ear infections,*
- *Pneumonia*
- *Cholera*
- *Food poisoning*

*And make the future brighter:*

*Mothers who breastfeed are less likely to have breast and ovarian cancer later in life.*

*Breastfed babies are less likely to become obese or develop asthma when they get older.*

If you have questions  
or  
need assistance

Ask for breastfeeding  
help  
and a volunteer  
will be found  
to assist you.

Phone numbers for  
Breastfeeding assistance and  
information:

Mom's Place:, Texas Dept. of State  
Health Services  
1 800 514 6667

La Leche of Houston:  
713 383 2819  
En español : 832 279 3401

Or call any WIC office  
713 794 9090 M-F 8-5  
713 306 9573 after hours

For a list of area Lactation Consultants:  
[www.HALCEA.info](http://www.HALCEA.info)